

Diabetes Cure by "Tibb-e-Nabwi's" Diet-Summary only

Top 10 ways to beat Diabetes

If you are interested download detailed article (4 parts) from
https://ia601500.us.archive.org/17/items/Diabetes_201508/Diabetes.pdf

Or write to me ([islam.muslimfreebooks\(at\)gmail.com](mailto:islam.muslimfreebooks(at)gmail.com)) I will send pdf copy by email as attachment

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

(8a) "Verily, in the remembrance of Allah, do hearts find rest." [Quran 13:28]

(8b) Our losses are a trial for us:

الَّذِينَ إِذَا أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

"Be sure we will test you with something of fear and hunger, some loss in goods or lives, but give glad tidings to those who are steadfast, who say when afflicted with calamity: To Allah we belong and to Him is our return. They are those on who (DESCEND) Blessings from Allah and Mercy and they are the once that receive guidance. (Quran 2:155)

(8c) Prayers (Salah and Supplications) are very important during times of distress. Allah instructs to the believing men and women in the Quran

وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ

And seek help through patience and prayer..." [2:45]

The key thing to remember is that a healthy diet and exercise can help prevent diabetes.

(1) **Snack healthily**-Low fat, low calories, low cholesterol, baked rather than fried.

(2) **Burn more calories than you consume**

(3) **Precautions, medical checkups and Vaccination**

(3a) **Schedule a yearly physical and regular eye exams.**

(3b) **Keep your vaccinations up to date.** High blood sugar can weaken your immune system. Get a flu shot every year.

(3c) **Feet**- Wash your feet daily in lukewarm water. Check your feet every day for blisters, cuts, sores, redness or swelling.

(3d) **Teeth.** Brush and floss your teeth at least twice a day.

(4) **Start eating smaller, well-timed meals**

Consider changing over to the "divide and eat policy", So if you're used to eating 4 chappatis, eat 2 now and 2 after a couple of hours. Don't skip breakfast. Try using **olive oil** in cooking. Make use of the blessed **Black Seed Oil** also, for example, by adding a tablespoon into bread or chappati dough when kneading it.

Hadith 4a)-Narrated Abu Huraira: Allah's Apostle said, "A Muslim eats in one **intestine** (i.e. he is satisfied with a little food) while a Kafir (unbeliever) eats in seven intestines (eats much)." (Bukhari Bk 65/308)

(5) Include fruits and Vegetables in your Diet

A healthy diet is one with plenty of fruits, vegetables and whole grains with a limited amount of saturated fat.

(5a) Fruit-contains sugar and yeast and **bacteria**. FRUIT is a natural DETOXIFICATION tool and provides us with natural healthy sugar. Fruits are low in calorie, high in vitamins, minerals, fiber and fructose. Fructose lowers the high blood sugar of diabetics. Honey has fructose. (Islamic Medicine Dr. Shahid p56/171)

(5b) Milk Benefits- helps reduce BP, type-2 diabetes, some forms of cancer, cardiovascular diseases and obesity.

(5c) Vinegar benefits the following ailments; Diabetes..etc. Many of the common chronic illnesses, coronary heart disease, hypertension, diabetes, peptic ulcer disease, obesity and depression have also common man-made etiology, that is rich food, too much food, too much salt, too much sugar, smoking, stress and alcoholism. If we give up excessive salt, sugar and cholesterol from our diet, and do not drink and smoke, and be active, it is possible that - the pump (heart) won't be rusted from inside. (Islamic Medicine Dr. Shahid page 57/171)

(5d) Henna Water (Detox drink)-Henna water is an excellent detoxifier, drinking it on an empty stomach is very beneficial for cleaning the liver & kidneys of diabetic patients, those with IBS, ulcers, kidney stones etc.

(5e) Fig –Teen-Leaves Decoction of Fig leaves are best known for treating diabetes, but there are many other uses for the fig leaves.

(5f) Basil (Tulsi) –Hibq (**حبق**) Raihon, Raihon-Myrtle-**Tulsi** leaves are packed with **antioxidants** that relieve oxidative stress and have essential oils that help in lowering blood sugar levels in the body. Take 2 tablespoons of juice extracted from basil leaves and drink on an empty stomach in the morning. Its smell strengthens the heart. A sprinkling of basil and water produces sleep.

(5g) Take Vitamin C or Indian Goose Berry (Amla) The vitamin C present in Indian gooseberry (Amla) promotes proper functioning of the pancreas. Extract the juice from the fruit and take 2 teaspoons of the juice mixed with a glass of water. Consume this drink daily in the morning on an empty stomach to keep your blood sugar level in control.

(6) Whole grains- It sunnah to eat Barley flour and drink Talbina.

(6a) Barley, whole wheat, brown rice, oats. Drink Barley water (شعير)

Eat barley flour Roti instead of regular wheat flour, which is far healthier for you than refined foods (e.g. regular wheat flour is bleached, refined and it goes through a process that strips out certain parts of the grain - along with some of the nutrients and fiber are lost)

Talbinah. Talbina is good to remove depression and sorrow, it is made by adding 1-2 tablespoons of barley flour (must be 100% wholegrain barley flour) to one and a half cups of milk, ½ cup water. Cook on a low heat for 10-15 minutes. It has to be sweetened with honey.

(6b) Fenugreek- Hulbah-Hilbah -Fenugrec (میتھی) Boil half table spoon of Fenugreek in 1 cup water, drink warm liquid and eat remaining fenugreek boiled seeds. Alternatively, for diabetes patients (both Type 1 and Type2) in the daily diet add 15-50 gms of fenugreek powder.

(7) Exercise- Prayers play a vital role in acting as a preventive measure against heart attack, paralyses, premature senility, dementia, loss of control on sphincters, diabetes mellitus etc. (Islamic Medicine Dr. Shahid59/171)

(8) De-stress-The best way to treat anxiety, sorrow and depression is to busy yourself in remembrance of Allah Subhanahu Watahala and learn. These acts bring joy and appreciation to the heart, and the shaytaan (the perpetrator of depression) is weakened and distanced from a soul who engages with Allah regularly. Staying in the state of Wudhu (ablution) also helps keep these bad demons at a distance.

(9) Quit Smoking -Smoking is against the principles of the Deen as it is considered to be a way in which the body can be poisoned.

(10) Reduce Salt Intake

Compiled By; **Mirza Ehteshamuddin Ahmed** (Indian-Hyderabad)